

Cardiovascular Disease Mortality and Risk Factors

in the Public Health Solutions Health Department Region



Public Health Solutions

Counties: (Fillmore, Gage, Jefferson, Saline, and Thayer)

975 East Highway 33

Suite 1

Crete, NE 68333

Phone: (402) 826-3880; Toll Free: (888) 310-0565

Fax: (402) 826-4101

Although not statistically significant, age-adjusted mortality rates for total cardiovascular disease, heart disease, and stroke in the Public Health Solutions Health Department region are higher than those for all Nebraska residents. Consistent with adults in many Nebraska health districts, males, compared to females in the Public Health Solutions region are less likely to consume five or more servings of fruits and vegetables daily and more likely to smoke cigarettes. Furthermore, adult males are more likely than adult females to be obese. Out of the 18 health departments presented in this report, adults within the Public Health Solutions region rank second lowest for current smoking (16.9%), which is significantly lower than the statewide percentage of 21.9%. However, in contrast, the percentage of obese adults in the Public Health Solutions region ranks second highest out of 18 (23.5%), and is significantly greater than the statewide percentage of 19.8%. In addition, the percentage of adults in the Public Health Solutions region that do not engage in any leisure time physical activity (29.6%) is significantly higher than the percentage of all Nebraska adults (25.7%).

Regionally specific supplement to:

Cardiovascular Disease Mortality and Risk Factors by Nebraska's Local Public Health Department Regions. Lincoln, NE: Nebraska Health and Human Services System, Department of Health and Human Services, Offices of Disease Prevention and Health Promotion; 2005

Nebraska Cardiovascular Health Program
301 Centennial Mall South, P.O. Box 95044
Lincoln, NE 68509-5044

402-471-2101



Full copy available for download at: <http://www.hhs.state.ne.us/cvh>

Public Health Solutions

Demographic Composition

Counties	Average age	Education	Race / Ethnicity		
Filmore, Gage, Jefferson, Saline and Thayer	40.3 years	H.S Grad / GED or higher	83.0%	Number	Percentage
Total population	Median income	Baccalaureate / Graduate degree	15.0%	White,non-Hispanic	55,373 95.7%
57,858	\$36,317			Minority	2,485 4.3%

Source: 2000 Census

Mortality and Risk Factors

Mortality Due to Cardiovascular Disease Among Residents in Public Health Solutions by Gender, 1999-2003										
Cause of Death %	Total			Male			Female			Relative Risk (M:F) ^d
	N ^a	AAR ^b	me ^c	N ^a	AAR ^b	me ^c	N ^a	AAR ^b	me ^c	
Total Cardiovascular Disease	1,599	306.8	15.0	686	367.1	27.5	913	260.1	16.9	1.41 ⁺
Heart Disease	1,204	232.3	13.1	533	286.6	24.3	671	189.8	14.4	1.51 ⁺
Sudden Cardiac Death	685	128.5	9.6	290	155.7	17.9	395	107.0	10.6	1.46 ⁺
Stroke	295	56.0	6.4	114	59.7	11.0	181	54.4	7.9	1.10

Source: Nebraska Vital Records

⁺ The age-adjusted rate for males is significantly higher than the rate for females (p < 0.05)

Risk Factors for Cardiovascular Disease Among Adults in Public Health Solutions by Gender, 1995-2003										
CVD Risk Factors	Total			Male			Female			Relative Risk (M:F) ^d
	n ^e	W% ^f	me ^c	n ^e	W% ^f	me ^c	n ^e	W% ^f	me ^c	
¹ Current Cholesterol Screening	556	69.1	4.5	221	67.8	7.1	335	70.1	5.7	0.97
² Diagnosed Diabetes	1,061	5.0	1.4	413	4.2	1.7	648	5.7	2.1	0.74
³ 5-a-day Consumption	670	20.3	3.5	261	13.8	5.2	409	26.2	4.8	0.53 ⁻
⁴ Diagnosed High Blood Cholesterol	418	32.8	5.3	161	33.4	8.1	257	32.4	6.9	1.03
⁵ Diagnosed High Blood Pressure	574	25.3	3.9	228	23.7	5.9	346	26.7	5.1	0.89
⁶ No Health Care Coverage, 18-64	735	9.7	2.7	301	9.1	4.0	434	10.2	3.7	0.90
⁷ Obese	1,015	23.5 ⁺⁺	3.0	406	27.1 ⁺⁺	4.9	609	20.1	3.5	1.35 ⁺
⁸ No Leisure Time Physical Activity	900	29.6 ⁺⁺	3.4	355	29.8	5.4	545	29.4	4.2	1.01
⁹ Current Cigarette Smoking	1,059	16.9 ⁻⁻	2.6	412	20.1	4.3	647	14.0 ⁻⁻	3.0	1.43 ⁺

Source: Nebraska Behavioral Risk Factor Surveillance System

⁺⁺ The percentage is significantly higher (p < 0.05) than all other Nebraska HDs

⁻⁻ The percentage is significantly lower (p < 0.05) than all other Nebraska HDs

⁺ The lower bound of the 95% confidence interval for the risk ratio is greater than 1.0

⁻ The upper bound of the 95% confidence interval for the risk ratio is less than 1.0

% Specific ICD-10 Cause of Death Codes may be found in the Methodology Section of this Report

^a Documented number of deaths from each cause between 1999 and 2003

^b Average annual age-adjusted rate per 100,000 population (2000 U.S. standard population)

^c Margin of error (me) at 95% confidence, interpreted as plus/minus the relevant age-adjusted rate or weighted percentage

^d Relative Risk is the male to female rate ratio (for mortality) and percentage ratio (for risk factors)

^e Non-weighted sample size for each risk factor

^f Percentage weighted by gender and age to reflect Nebraska's population (using CDC's BRFSS weighting methodology)

¹ Percentage of adults reporting that they had their cholesterol checked within the 5 years preceding the survey

² Percentage of adults reporting that they have ever been told by a doctor, nurse, or health professional that they have diabetes (excluding gestational diabetes)

³ Percentage of adults reporting that they consume 5 or more daily servings of fruits and vegetables

⁴ Percentage of adults reporting that they have ever been told by a doctor, nurse, or health professional that their blood cholesterol is high, among those that have ever had it checked

⁵ Percentage of adults reporting that they have ever been told by a doctor, nurse, or other health professional that their blood pressure is high

⁶ Percentage of adults, 18-64, reporting that they do not have any kind of health care coverage, including health insurance, prepaid plans such as HMO, or governmental plans

⁷ Percentage of adults body mass index value of 30 or greater (based on self-reported height and weight)

⁸ Percentage of adults reporting that, other than their regular job, they did not participate in any physical activities or exercises during the 30 days preceding the survey

⁹ Percentage of adults that have smoked at least 100 cigarettes during their lifetime and currently smoke cigarettes every day or on some days